

The LIKE Creative Coping Toolkit: Year-at-a-Glance Planning



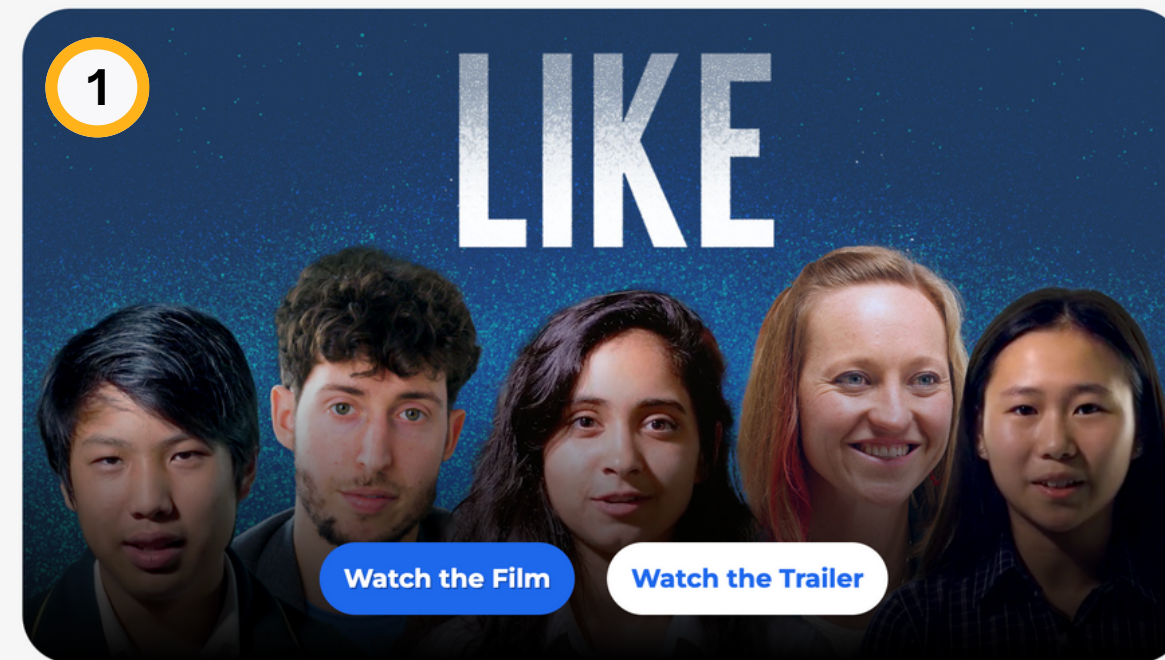
Program Use Guide

The following pages will serve as a guide in implementing this toolkit into your current curriculum throughout the school year (planned as 30-minute periods).

You will also find a blank month template to fill in yourself if needed.

iMPACTFUL Year-at-a-Glance
Planning Guide 2023

Creative Coping Toolkit: LIKE Edition



When prompted, enter the login details provided to you by your organizer into the player

Toolkit Sections

- Chapter Modules
- Guided Activities
- Learning Bursts
- Panel Discussion (Video)
- F.A.Q. (Video)
- Test Your Knowledge!
- Post-Screening Survey
- Handouts & Resources

2

3

4

Inside the LIKE Creative Coping Toolkit:

- 1 Full-Length Film (51 min):** Access to the film to watch in a group event, individually, or at home with family.
- 2 Chapter Modules:** The film broken down by chapter into short video clips—with prompts to guide both self-reflection and group conversation (15 min) after viewing.
- 3 Guided Activities:** Interactive and immersive activities to deepen learning and support easy-to-implement positive change—useful and impactful for all ages.
- 4 Learning Bursts:** Short, easily-digestible videos answering FAQs that stem from the film programming.



Unit 1:

Introduction:

*How Much Use of
Technology and Social
Media is Too Much?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Reflect** on their relationship with technology and how it affects interpersonal relationships.
- ✓ **Identify** how social media affects one's self-esteem.
- ✓ **Gain** tools to reflect one's value with how and what is posted on social media and to mindfully view other people's content.

The LIKE Creative Coping Toolkit: Month 1

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): Facilitator, Not Expert W1	Useful Vocabulary (5 min) Watch LIKE (51 min) Principles for Conversation (5 min) Film Viewing Discussion (5-20 min)			
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed. W2		Starter Check-In, Module 1 (1 min) Opening of LIKE (2 min)		
Teacher Prep (15 min): Same as above. W3		What is Social Media? (4 min) Know Your Self(ie) (10 min)		
Teacher Prep (15 min): Same as above. W4		Are We Addicted to Social Media? (2 min) End of Module Check-In (1 min) Reflection (In Class or HW)	<div style="border: 1px solid red; padding: 5px;"> How do you think social media affect's your self-esteem, relationships, and other aspects of your life? Which values do you want to focus on exhibiting online? </div>	



Unit 2:

Internal Reflection:

*How Do We Judge
Ourselves and Our
Relationships?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Reflect** on how the use of filters and other editing tools on social media influence how they view themselves and others.
- ✓ **Discuss** the presence of peer influence and self-comparison on social media.
- ✓ **Evaluate** whether accounts have a positive impact and influence.

The LIKE Creative Coping Toolkit: Month 2

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 2 (1 min) Snapchat (3 min)		
W2				
Teacher Prep (15 min): Same as above.		Snapchat Dystmorphia (3 min) A Healthy Feed (10 min)		
W3				
Teacher Prep (15 min): Same as above.		Do it for the Gram (3 min) Living Authentically (10 min) End of Module Check-In (1 min) Reflection (In Class or HW)	How does social media impact your view of yourself? Of others? How will you more accurately reflect yourself on social media moving forward? How will you identify if an account provides value to your life?	
W4				



Unit 3:

External Validation:

*How Do These Apps
Change Our Behaviors?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:



Reflect on social media's impact on our need for outside validation.



Discuss how social media platforms capture our attention.



Identify easy-to-implement tips and tricks for managing screen time and social media use.

The LIKE Creative Coping Toolkit: Month 3

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 3 (1 min) Instagram Gamified (2 min)		
W2				
Teacher Prep (15 min): Same as above.		To Post or Not to Post? (3 min) Mindful Social Media Use (10 min)		
W3				
Teacher Prep (15 min): Same as above.		TikTok (3 min) End of Module Check-In (1 min) Reflection (In Class or HW)	How has your understanding of the way social media works changed your perception of the content you see? Which tools will you use to mindfully interact with social media?	
W4				



Unit 4:

Taking Back Control:

*What Power Do We
Have Over Our Devices?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Reflect** on where and how Fake News is spread.
- ✓ **Brainstorm** ways to identify and evaluate news source credibility.
- ✓ **Identify** how social media organizations are able to tailor content to influence their users.

The LIKE Creative Coping Toolkit: Month 4

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 4 (1 min) News or Fake News? (2 min) How to Spot #FakeNews (10 min)		
W2				
Teacher Prep (15 min): Same as above.		Turn Off Notifications (2 min) End of Module Check-In (1 min)		
W3				
Teacher Prep (15 min): Same as above.		Reflection (In Class or HW): Which social media platforms do you see hosting fake news? What actions will you take to evaluate the accuracy of online news?		
W4				



Unit 5:

Coexisting With Technology:

*How Do We Use Our
Devices in Healthy &
Safe Ways?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Discuss** the difference between FOMO (fear of missing out) and JOMO (joy of missing out) and gain tools for managing FOMO.
- ✓ **Discuss** how technology has influenced the way we interact with one another.
- ✓ **Reflect** on the importance of online safety, consent, and privacy.

The LIKE Creative Coping Toolkit: Month 5

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 5 (1 min) It's A Love Hate Thing (4 min) No Mo' FOMO (10 min)		
W2				
Teacher Prep (15 min): Same as above.		Technology in the Classroom (3 min)		
W3				
Teacher Prep (15 min): Same as above.		Online Safety & Privacy in Relationships (6 min) End of Module Check-In (1 min) Reflection (In Class or HW)	How does technology influence the way you interact with people online? Offline? Which new tools will you use to encourage a balance in person and online interactions?	
W4				



Unit 6:



Shared Responsibility:

*How Can We All Work
Towards Balance?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:



List the pros and cons of technology in their lives.



Discuss ways to improve their relationship with their devices.



Reflect on how they represent their values online and offline.

The LIKE Creative Coping Toolkit: Month 6

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 6 (1 min) Lead by Example (3 min)		
W2				
Teacher Prep (15 min): Same as above.		Social Media is What We Make of It (5 min) Be Your Self(ie) (10 min)		
W3				
Teacher Prep (15 min): Same as above.		Look Up (4 min) End of Module Check-In (1 min) Reflection	List the ways you want to incorporate technology in your life, and the ways you want to have less technology. How do you think this will bring you more happiness?	
W4				

The LIKE Creative Coping Toolkit: Template

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1		Chapter Modules		
Teacher Prep (15 min): Same as above.				
W2		Guided Activities		
Teacher Prep (15 min): Same as above.				
W3		Learning Bursts Reflection (In Class or HW)		
Teacher Prep (15 min): Same as above.				
W4				